



Employees' Retirement System Communicator

May, 2011

No. 5

Contact Information

Employees' Retirement System

Please contact the Employees' Retirement System (ERS) at **414-278-4207** in Milwaukee or **toll-free at 877-652-6377** outside of Milwaukee for all Pension questions, including Retirement calculations. You can also contact ERS via email at ers@milwcnty.com.

Life & Health Benefits

Please contact the Benefit Division with Life and Health Benefits related questions at: **414-278-4198**. You can contact Benefits via email at benefits@milwcnty.com

Newly Retired

Timothy Allen
Georgene Bernatz
Mary Bailey
Gary Ballenger
Bruce Baumann
Bonnie Baumbach
Claude Bechtel
Diane Bruski
Chiree Buliox
Lynn Burke
William Bushman
Wendell Butler
Kevin Carr
Pauline Cira
Cheryl Clemons
Barbara Cowen
Dennis Cimpl
Jon Domencich
Ann Demorest
Jeanne Deswysen
Thomas Dineen
Gina Dobernig
Paul Douglas
Debra Dublinski
Sandra Edwards-Jones
John Flanders

From the Desk of the ERS Manager

RETIREES & VETERANS BENEFITS

Many retirees are living on a fixed income and are in need of community support services. Milwaukee County has local organizations that offer free or low cost elder services, such as food, prescriptions, health care, energy assistance and counseling. ERS retirees who served in the United States Armed Forces may be eligible for a wide variety of free State and Federal benefits offered through the Milwaukee County Veterans Service Office.

The County Veterans Service Office partners with local agencies to provide a range of services to veterans. Some of these benefits include:

- Burial
- Disability
- Educational Support
- Home Mortgages
- Home Refinancing
- Home Improvements
- Veteran Pensions
- Veteran Residency
- Emergency Grants
- Health Care Grants
- Vision & Dental Care
- Household Furniture
- Loans
- Legal Services
- Property Tax Credit
- Homeless Assistance

The Milwaukee County Veterans Service Office exists to serve our veteran retirees and their spouses. Many veteran retirees are entitled to available benefits and services. It is important to inform our eligible veterans of support services that could provide additional assistance to their pension payment and enhance their standard of living. Please see Page 2 for Milwaukee County Veterans Service Office contact information.

Newly Retired Members—Continued

Iris Fields	Nancy Laster	Allen Pankow	Jean St. Louis
Michael Grebner	Darlene Lee	Judith Phillips	Stuart Swessel
Audelio Guardiola	David Legler	Sharon Ponto	Thomas Thompson
Linda Halquist	Julia Loritz	Mary Rewolinski	Stacey Timm
Kenneth Hanson	Robert Lovelace	Russell Rainer	Keith Toporski
Novella Hardrick	Lawrence Maher	James Raml	Otis Turner
Irving Hennings	Vicki Miller-Sowinski	Emma Reed	Eric Wallner
Peggy Highshaw	Paul Maczka	Catherine Remiszewski	Linda Watts
David Jaet	Jeannine Maher	Dorothy Robinson	Sandra Welsher
Donald Jager	Wayne Majerowski	Paublina Rodriguez	Shirley White
Susan Jevaltas	Patsy Martin	John Sabatinelli	Cynthia Wichgers Hayes
Barbara Kuhlthau	Linda Michalski	Arthur Sanchez	Peggy Williams
Mariellen Kostopulos	Margaret Mildren	Wallace Schneider	Susan Yoder
Vickie Krueger	Mildred Ortiz	Jeffrey Schultz	
Margaret Kurtz	Christine Panek	Michael Serdynski	

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Please turn page over for additional information

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More information on these benefits can be obtained at:

Milwaukee County Veterans Service Office
Bldg 4, 5000 W. National Avenue
Milwaukee, WI. 53295
Attention: Jim Duff
Tele. 414-382-1727 / Fax. 414-382-1708
Hours: Monday-Friday / 8:00am – 4:30pm

Veterans that served their country.... deserve to have their community serve them.

Life & Health Update

6 Tips for Talking to Your Doctor About Pain

Be your own pain advocate. Make the most of the time you spend with your doctor to get the care you need. Be your own pain expert to get the most out of your office visit.

Below are six tips to help you effectively talk about your painful condition. Being accurate and specific about your pain will help you get the best diagnosis and treatment. These tips are helpful if you have fibromyalgia, arthritis or other chronic pain conditions:

1. Choose your words to describe pain.

Here are some examples:

Sharp	Tender
Stabbing	Stiff
Tugging	Dull
Burning	Deep pain
Achy	Pressure

2. Tell your doctor when the pain is at its worst:

- In the morning when you wake up
- During the day after activity
- In the evening before you go to sleep
- At night (interfering with sleep)

3. Describe other symptoms beside the pain.

- Flu-like symptoms: tired, achy feeling all over the body
- Nodules on your hands or elsewhere
- Rashes

4. Describe the location of pain.

Be very specific. Point to a specific location or more than one area on your body. Keep track of pain by marking an "x" on a simple outline drawing of the body. Take the picture with you to the doctor as a visual reminder.

5. Describe how your symptoms limit your daily activities.

6. Keep a pain log.

Track your pain for a few days before seeing your doctor. In the pain log, keep track of items 1 through 6. Also, note what medications, both prescription and over-the-counter, you took to relieve the pain and whether they helped. Include any herbal preparations. Also note any complementary treatments, like a massage, a warm bath or meditation. And note if these provided any relief.

In Memoriam

Please keep the families of these recently deceased retirees and spouses in your thoughts:

Antonia Briski
Helene Burbach
Ruth Chipley
Imogene Day
Dennis Dumke
Frances Grafenauer
Gustavo Gutierrez

Jessie Hawthorne
Yvonne Hedstrom
Joanne Henry
Elizabeth Hickson
Anton Huber, Jr.
Carol Jones
Thomas Kingbury

Joyce Kohler
Walter Liebherr
Charles Melotik
Norine Morrell
Margaret Morris
Darryl Nevers
William Platz

Larrell Saunders
Walter Scotty, Sr.
David Stoner
Jessie Terry
Genevieve Zenil